

Wushu 18 kicks

The term "**Wushu 18 kicks**" generally refers to a classical list of foundational kicks in traditional Chinese martial arts (specifically Choujiao/Chuojiao or some traditional Shaolin lists), not to be confused with the "8 basic kicks" taught in modern sport Wushu.

Here are the **18 basic kicks** as found in traditional sources^[1]:

1. Zheng ti tui – Straight swinging kick
2. Li he tui – Inside crescent kick
3. Bai lian tui – Outside crescent kick
4. Ce ti tui – Side swinging kick
5. Tan tui – Spring (flick) kick
6. Deng tui – Heel kick
7. Ce chuai tui (or ti) – Side thrust kick
8. Zhuang ti – Push kick
9. Cun ti – Inch kick
10. Cuo ti – Shovel kick
11. Shi zi tui – Cross (scissor) kick
12. Ye li cang hua tui – Hide flower under leaves kick
13. Ye li zuai lian tui – Under leaves scythe kick
14. Hua lan tui – Straight back kick/Flower basket handle kick
15. Jiu fan, Yuan Yang tui – Nine flip (or Mandarin Duck) kick
16. Sao tang (qian/hou) – Sweeping the hall (front & back)
17. Juezi tui – Donkey kick
18. Hou bai lian tui – Back outside crescent/spinning back heel kick

These kicks, while perhaps varying slightly in name or emphasis depending on the style, form the traditional foundation for leg techniques in some forms of Kung Fu^[1].

Clarification:

- In modern sport Wushu, the curriculum usually emphasizes 8 (not 18) basic kicks (such as front kick, side kick, inside/outside crescent, slap kick, etc.), which are simpler and standardized for performance and competition^[2].
- The "18 kicks" and "18 hands" (as in Luohan's 18 hands) are *not the same*: the "18 hands" are a set of striking/deflecting techniques and not limited to kicks^[3].

If you are searching for a specific style's version of the 18 kicks, or looking for the modern Wushu competitive curriculum, let me know for more tailored information.



Jiu fan, Yuan Yang tui - Nine flip (or Mandarin Duck) kick how do it?

The **Jiu fan, Yuan Yang tui** (九翻腿, "Nine flip" or "Mandarin Duck" kick) is a special and classical kick found in traditional Chuojiao, not in contemporary sport Wushu. While detailed step-by-step modern tutorials for this specific kick are rare outside traditional circles, here is what is known about its execution and context:

General concept:

- The "Mandarin Duck" in Chinese martial arts often refers to paired, alternating, or rapidly executed double kicks, typically with both legs, mimicking the way Mandarin ducks move in pairs.
- "Jiu fan" (Nine flip) suggests a sequence of rapid or linked kicks, performed either in succession or with jumping/spinning motion, employing both legs alternately^{[4][5]}.

Execution (Traditional Chuojiao approach, inferred from sources):

- Begin in a ready stance.
- Raise one knee as if initiating a front or crescent kick.
- While kicking with one leg, immediately follow with the other (either as a snap, swing, or thrust), alternating legs dynamically, often using momentum to jump or skip forward.

- In some lineages, the kicks are performed *in-air* (Xuankong), combining knee lifts, swings, and double kicks—sometimes incorporating scissor or cross kicks or even a low-high combo in the air^[5].
- In other versions, it could involve stepping forward with a low jumping kick, where the lead leg attacks, then the rear leg snaps up in rapid succession—essentially a double kick in one leap.

Key elements:

- **Alternating execution:** Each leg is used in alternation, with speed and fluidity. Sometimes the entire sequence involves up to nine movements (hence "nine flips"), though not always literal.
- **Jumping or floating:** In advanced variations, the practitioner is airborne for at least one portion of the movement, delivering both kicks before landing.
- **Targets:** Opponent's midsection or head (front or side) for the first kick, switching to low or high for the second.
- **Purpose:** To break through an opponent's guard with speed and unpredictability, using rapid double-leg techniques^[5].

Contextual notes:

- This is a signature kick of Chuojiao and is famous in both its Wen and Wu Tangzi forms, which may include different sub-variations^[5].
- Modern sport Wushu does not include this kick by name; the closest equivalents are double jump kicks or even "tornado kicks" with alternating legs, but these lack the classical paired or chained leg action of the traditional Yuan Yang tui^{[6][7]}.

No precise video demonstration is easily found under the "Jiu fan, Yuan Yang tui" name in English, though some traditional Chinese material and advanced Chuojiao curriculum should include it^[5].

Summary Table

Aspect	Jiu fan, Yuan Yang tui (Nine flip/Mandarin Duck kick)
Key Feature	Double/alternating (often jumping) kicks with both legs

Execution	One leg kicks, then the other (snap, swing, thrust), often in midair, with repeated (chain) kicks
Complexity	Intermediate to advanced (requires balance & explosive power)
Context	Traditional Chuojiao; not in modern sport Wushu curriculum

Important: Specific form and application may vary between masters/families of Chuojiao. For exact footwork, leg angles, and applications, direct instruction from a qualified Chuojiao teacher, or reference to a Chuojiao training manual, is recommended for authentic details^{[5][4]}.

If you are looking for **video demonstrations**, try searching for traditional Chuojiao double kicks, "Mandarin Duck kicks" (鸳鸯腿 Yuanyang Tui), or consult specialized Chuojiao schools for workshop footage^{[4][5]}.



1. <https://www.chuojiaofanzi.org/january-2012-30-day-challenge/list-of-18-basic-kicks>
2. <https://www.youtube.com/watch?v=rZTHWsXHrUM>
3. <https://en.wikipedia.org/wiki/Luohanquan>
4. <https://www.chuojiaofanzi.org/january-2012-30-day-challenge/list-of-18-basic-kicks>
5. <https://ensomartialarts.com/china/chuo-jiao/>
6. [https://en.wikipedia.org/wiki/Wushu_\(sport\)](https://en.wikipedia.org/wiki/Wushu_(sport))
7. <https://www.youtube.com/watch?v=-qhz0sl1Zag>